

# Baggage Free

Count: 32 Wall: 4 Level: Beginner

Choreographer: Micaela Svensson Erlandsson , Swe, November 2018

Music: Pauline Brown's Baggage Free! Single By Pauline Brown & John Johnston



intro 16 counts.

## Section 1: Rock Step. Back Shuffle. Back Rock. Forward Shuffle.

- 1-2 Rock forward on right foot. Recover onto left foot.
- 3&4 Step back on right. Close left beside right. Step back on right.
- 5-6 Rock back on left foot. Recover onto right foot.
- 7&8 Step forward on left. Close right beside left. Step forward on left.

## Section 2: Heel. ¼ Turn left. Heel. Heel. ¼ Turn left. Heel. Step. ½ Turn left. Step. ½ Turn left.

- 1& Touch right heel forward. Step right in place.
- 2& Turn ¼ left and touch left heel forward. Step left foot in place.
- 3& Touch right heel forward. Step right in place.
- 4& Turn ¼ left and touch left heel forward. Step left foot in place.
- 5-8 Step forward on right. Turn ½ left. Step forward on right. Turn ½ left.

**Easy option: Replace counts 5-8 of Section 2 with Right Rocking Chair.**

**Restart here: During wall 4 facing 3 O'clock & Wall 7 Facing 3 O'clock**

## Section 3: Kick. Kick. Coaster Step. Rock Step. Shuffle ½ turn over the left shoulder.

- 1-2 Kick right foot forward. Kick right foot to the right side.
- 3&4 Step back on right. Step left beside right. Step forward on right.
- 5-6 Rock forward on left foot. Recover onto right foot.
- 7&8 Shuffle ½ turn over the left shoulder stepping left, right, left.

## Section 4: Heel Grind ¼ Turn right. Coaster Step. Skate. Skate. Forward Shuffle.

- 1-2 With weight on right heel, fan toes from left to right turning ¼ right. Recover onto left.
- 3&4 Step back on right. Step left beside right. Step forward on right.
- 5-6 Slide diagonally forward on your left foot. Slide diagonally forward on your right foot.
- 7&8 Step forward on left. Close right beside left. Step forward on left.

**Restarts: On Wall 4 & 7 Facing 3 O'clock (after Section 2)**

**Ending: As the music ends (after section 2) Turn ½ left to finish facing the front wall**